



Free Breakfast and Lunch!
Don't forget that we have curbside pickup and bus stop locations!
 Please check our website for locations.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Pizza Pocket
 Or PB-J
 Fruit
 Veggie
 Milk **1**

Chicken nuggets
 Fries
 Or PB-J
 Fruit
 Veggie
 Milk **2**

French toast sticks
 Seasoned potatoes
 Or PB-J
 Fruit
 Veggie
 Milk **5**

Cheese Ripper
 Or PB-J
 Fruit
 Veggie
 Milk **6**

No School!
 No lunch served **7**

Taco
 Refried beans
 Or PB-J
 Fruit
 Veggie
 Milk **8**

Corn Dog
 Chips
 Or PB-J
 Fruit
 Veggie
 Milk **9**

Hot dog
 Chips
 Or PB-J
 Fruit
 Veggie
 Milk **12**

Pizza Pocket
 Or PB-J
 Fruit
 Veggie
 Milk **13**

No School!
 No lunch served **14**

BBQ Chicken Sandwich
 Chips
 Or PB-J
 Fruit
 Veggie
 Milk **15**

Chili with corn bread bowl
 Or PB-J
 Fruit
 Veggie
 Milk **16**

Bacon Chicken Wrap
 Chips
 Or PB-J
 Fruit
 Veggie
 Milk **19**

Lasagna roll up
 Garlic bread
 Or PB-J
 Fruit
 Veggie
 Milk **20**

Sandwich (cooks' choice)
 Chips
 Or PB-J
 Fruit
 Veggie
 Milk **21**

Fish sticks
 Chips
 Or PB-J
 Fruit
 Veggie
 Milk **22**

French toast sticks
 Seasoned potatoes
 Or PB-J
 Fruit
 Veggie
 Milk **23**

Bean and cheese burrito
 Or PB-J
 Fruit
 Veggie
 Milk **26**

Hot dog
 Fries
 Or PB-J
 Fruit
 Veggie
 Milk **27**

Sandwich (cooks' choice)
 Chips
 Or PB-J
 Fruit
 Veggie
 Milk **28**

Pizza Pocket
 Or PB-J
 Fruit
 Veggie
 Milk **29**

Hamburger
 Fries and a cookie
 Pizza Pocket
 Or PB-J
 Fruit
 Veggie
 Milk **30**